

CASCADIAN CLASSIC

THE 2017 NPC

MAY 27 2017 BEND OREGON

OFFICIAL 2017 ENTRY FORM

FULL LEGAL NAME: _____ D.O.B: _____ AGE: _____ SEX: M F

MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

CONTACT PHONE: _____ EMAIL ADDRESS: _____

All entrants must be registered members of the National Physique Committee (NPC). If not registered at the time of this form, you can register at the check-in before the show. You cannot compete without an NPC card or receipt. Novice competitors must have never placed 1st, 2nd, or 3rd in any NPC OPEN CLASS competition [except junior]. All Masters competitors must be over the age listed within their division they are competing in. You must show proof of age at registration with a state driver's license or birth certificate. Any competitor under the age of 18 must be accompanied by an adult during registration.

If not registered by form deadline of May 23, 2017, you can register at the competitor check-in before the show with the late fee.

ENTRY FEE: \$100.00 PER CLASS | LATE FEE: \$200.00 AFTER MAY 23, 2017

Open Mens Bodybuilding

- Junior BB (20 & under)
- Men Bant Wt. (up to 143.25)
- Men Lt Wt. (143.25 to 154.25)
- Men Mid. Wt. (154.25 to 176.25)
- Men Lt Hvy. Wt. (176.25 to 198.25)
- Men Hvy. Wt. (198.25 to 225.25)
- Men Super Hvy. Wt. (Over 225.25)
- Masters Men 40 & Over
- Masters Men 50 & Over
- Masters Men 60 & Over

Novice Mens Bodybuilding

- Men Lt Wt. (up to 165.25)
- Men Mid. Wt. (up to 187.25)
- Men Hvy. Wt. (Over 187.25)

Womens Physique

- Womens Physique A (up to 5'3")
- Womens Physique B (over 5'3" up to 5'6")
- Womens Physique C (5'6" and over)
- Womens Masters Physique (over 35)

Womens Bodybuilding

- Womens Bodybuilding

Fitness

- Fitness

Mens Physique

- Junior Mens Physique (all heights)
- True Novice Mens Physique (all heights)
- Novice Mens Physique A (up to 5'10")
- Novice Mens Physique B (5'10" and over)
- Mens Physique A (up to 5'6")
- Mens Physique B (over 5'6" up to 5'8")
- Mens Physique C (over 5'8" up to 5'10")
- Mens Physique D (over 5'10" up to 6'0")
- Mens Physique E (6'0" and over)
- Mens Masters Physique (over 40)
- Mens Masters Physique (over 50)

Bikini

- True Novice Bikini (all heights)
- Novice Bikini A (up to 5'5")
- Novice Bikini B (5'5" and over)
- Bikini A (up to 5'2")
- Bikini B (over 5'2" up to 5'4")
- Bikini C (over 5'4" up to 5'6")
- Bikini D (over 5'6" up to 5'8")
- Bikini E (5'8" and over)
- Masters Bikini (over 35)
- Masters Bikini (over 45)

Mens Classic Physique

- Classic Men's Physique A (up to 5'7")
- Classic Men's Physique B (Over 5'7" up to 5'10")
- Classic Men's Physique C (Over 5'10")
- Classic Men's Physique Masters Over 40

*Note the NPC criteria of height and weight of each Classic Physique height must not be exceeded. This includes Masters.

Figure

- True Novice Figure (all heights)
- Novice Figure A (up to 5'5")
- Novice Figure B (5'5" and over)
- Figure A (up to 5'2")
- Figure B (over 5'2" up to 5'4")
- Figure C (over 5'4" up to 5'6")
- Figure D (over 5'6" up to 5'8")
- Figure E (5'8" and over)
- Masters Figure (over 35)
- Masters Figure (over 45)

*Note: True Novice is for athletes that have never competed before. They can also enter Novice and Open classes as well.

*Disclaimer: The following divisions can crossover: Bikini and Figure, Women's Bodybuilding and Women's Physique and Figure, Open Men's Bodybuilding and Open Men's Physique. Novice Bikini and Novice Figure can also compete in an Open Bikini or Figure class. If you are in Men's Novice/Open Physique or Novice/Open Bodybuilding, you can crossover into Men's Classic Physique. If you are uncertain if your categories qualify for double or triple entry telephone 541-350-2259 to inquire.

CREDIT CARD #:

EXP DATE: / SEC. CODE: _____

OCCUPATION: _____

RECENT NPC WINS OR PLACINGS: _____

HOBBIES/INTERESTS:

GYM, TEAM OR TRAINER: _____

Entry form methods of delivery: Scan and email to info@cascadianclassic.com for faster processing.
Mail to: Cascadian Classic c/o Dominic Current 2049 NW Hemlock Place Redmond, Oregon 97756
For more information call 541-350-2259 or email info@cascadianclassic.com



THE 2017 NPC CASCADIAN CLASSIC

MAY 27 2017 BEND OREGON

OFFICIAL 2017 ENTRY FORM

METHODS OF DELIVERING YOUR ENTRY FORM:

- ▶ ENTER ONLINE BEGINNING JANUARY 1ST AT WWW.CASCADIANCLASSIC.COM
- ▶ FILL OUT THIS HARD COPY & MAIL IT.
- ▶ SCAN OR TAKE A PHOTO OF THE FORM AND EMAIL TO INFO@CASCADIANCLASSIC.COM

*You will be emailed an entry confirmation when your entry information and payments are received.

Mail to: Cascadian Classic c/o Dominic Current 2049 NW Hemlock Place Redmond, Oregon 97756

Send your payment with the form. Credit card information on the form, or a Check/Money order made out to CASCADIAN CLASSIC

ON TIME ENTRY DEADLINE: TUESDAY MAY 23 AT 10:00PM.

AFTER MAY 23, ALL ENTRIES ARE LATE AND YOU MUST ENTER AT THE COMPETITOR CHECK IN. LATE ENTRY FEE IS \$200.

When entering online... Once you fill out the registration form and click submit, you will be taking to our payment processing. Please complete the payment processing in order to finalize your registration. Please do not submit your registration a second time as it will be saved the first time or else it will double. You will receive an email letting you know that you are either registered or not registered until your fee is paid. If you do not follow to payments or have a failure you must call your credit card payment in ASAP. 541-350-2259. No calls after 9PM please.

NPC OREGON 2017 COMPETITOR NOTES & UPDATES:

You may double enter into Open and Novice Figure; Open and Novice Bikini as well as Open and Novice Men's Physique providing that you have not placed in the Top 5 of an Open Class or 1st place in a Novice Class. We ask for honesty in self-monitoring. If reports come in that you are not eligible to compete in a Novice Class and you win an award, we will contact you and the award will need to be returned and your title will be removed from the media sites. Thank you.

There is not an Overall for Women's Novice Bikini, Novice Figure or Novice Men's Physique.

There are 3 height divisions and 1 Masters division for Classic Men's Physique.

Classic Men's Physique may double enter per NPC National Rule. If the entrant does not meet the height/weight criteria as they check in, they will be given the option to enter into Bodybuilding or Men's Physique. Please refer to the next page for Height & Weight requirements. You MUST perform a routine in both Classic and Bodybuilding if you are doing both divisions.

Master's Classes; Entrants in Master's division competing in their current age division may also double enter if desired in an age division below their current age. Example; Men's 50 & Over may compete also in 40 & Over if desired as well as any Open classes.

Height & Weight requirements for Men's Classic Physique on next page >

MENS CLASSIC PHYSIQUE RULES:

Classic Men's Physique may double enter per NPC National Rule. If the entrant does not meet the height/weight criteria as they check in, they will be given the option to enter into Bodybuilding or Mens Physique with the right posing suit or board shorts. We suggest a back up plan just in case so you can still compete in the Cascadian Classic.

CLASSIC MEN'S PHYSIQUE DIVISIONS WITH SUBDIVISIONS are listed below. Find your height and the maximum weight for each height is listed beside the height. Example; if you fall into Division A and you are 5'4" you may not weigh more than 155 lbs. If you are 5'6" you may not weigh more than 165 lbs. These are examples for you, do your research below. If you do not meet these requirements you are not a candidate for this new Division Classic Men's Physique. You will then need to switch your entry to Men's Physique, or Bodybuilding.

The National Physique Committee announces the creation of a new division called Classic Physique. Competition will take place in the following categories:

DIVISION "A" (UP TO AND INCLUDING 5' 7")

- Up to and including 5' 4"..... Up to and Including 155 lbs
- Over 5' 4", up to and including 5' 5"..... Up to and Including 160 lbs
- Over 5' 5", up to and including 5' 6"..... Up to and Including 165 lbs
- Over 5' 6", up to and including 5' 7"..... Up to and Including 170 lbs

DIVISION "B" (OVER 5' 7", UP TO AND INCLUDING 5' 10")

- Over 5' 7", up to and including 5' 8"..... Up to and Including 177 lbs
- Over 5' 8", up to and including 5' 9"..... Up to and Including 185 lbs
- Over 5' 9", up to and including 5' 10"..... Up to and Including 192 lbs

DIVISION "C" (OVER 5' 10")

- Over 5' 10", up to and including 5' 11"..... Up to and Including 200 lbs
- Over 5' 11", up to and including 6' 0"..... Up to and Including 207 lbs
- Over 6' 0", up to and including 6' 1"..... Up to and Including 215 lbs
- Over 6' 1", up to and including 6' 2"..... Up to and Including 225 lbs
- Over 6' 2", up to and including 6' 3"..... Up to and Including 232 lbs
- Over 6' 3", up to and including 6' 4"..... Up to and Including 240lbs
- Over 6' 4", up to and including 6' 5"..... Up to and including 247 lbs
- Over 6' 5", up to and including 6' 6"..... Up to and including 255 lbs
- Over 6' 6", up to and including 6' 7"..... Up to and including 262 lbs
- Over 6' 7"..... Up to and including 270 lbs

FOR CONTESTS WITH 2 CLASSES ONLY

- Up to and including 5'7"
- Over 5'7"
Must make weight as indicated above per competitors height

THE JUDGING IS SCORED 100% AND WILL CONSIST OF COMPARISONS OF THE QUARTER TURNS AND THE FOLLOWING FOUR MANDATORY POSES:

- Front Double Biceps
- Side Chest
- Back Double Biceps
- Abdominals & Thighs
- Favorite Classic Pose (No Most Muscular)

THE FINALS WILL CONSIST OF:

- Posing routine (up to a maximum of 60 seconds)
- Confirmation round (if necessary)
- Pose-down (overall title only)

Crossovers are permitted! However if an athlete does not make weight, they have the option of competing in bodybuilding or men's physique with proper attire for the division – trunks for bodybuilding and board shorts for men's physique. Athletes can however compete in another division at another NPC event but not on the same day.

IN ORDER TO COMPETE AT A NATIONAL CONTEST IN 2017, ATHLETE MUST HAVE COMPETED IN AN NPC CLASSIC PHYSIQUE EVENT, NO OTHER QUALIFICATION IS REQUIRED.

CLASSIC MEN'S PHYSIQUE SHORTS:

- Must be solid black, no designs or patterns
- Must be spandex material

For more information about this new division or any of the rules listed above, please feel free to contact us directly at 541-350-2259 or email directly to us at info@npcoregon.com and we can help with any questions you may have.

